

SM South Relays

Date: April 2, 2011

Teams: SM East, SM West, SM Northwest, SM North, SM South, St. Thomas Aquinas, Rockhurst (boys), Notre Dame de Sion (girls), Gardner-Edgerton, Blue Valley

Entry fee: \$70 per team (\$140 for boys and girls team)

Awards: Medals will be awarded to the top three individuals and relay teams in each event. No team scoring will be *officially* kept.

Entries: All entries are to be done online using the following link:

<http://www.aspimeetz.com/14402>

-Entries must be submitted and declared by ***Thursday March 31st @ 10:59 pm***

-Each school may enter 3 individuals or 1 relay in each event

-Any individual running event substitutions must be made by 8:30 am day of the meet at the timing tent near the finish line

-scratches only in the running events after the meet begins

-All changes for field events may be made at the event site prior to the event beginning, including substitutions

Starter: Brad Clark

Asst. Starter: Mike Heil

Various Info:

1. We will be using FAT in the running events using FinishLynx.
2. 8 will qualify to finals in the 100m, 100m H, & 110m H prelims. Advancement criteria will be the winner of each heat + the next ____ fastest times to fill 8 lanes.
3. 300 m Hurdles will be seeded by submitted times with the fastest heat running last.
4. All competitors will have 3 preliminary jumps or throws in the field events (except HJ & PV) with 8 competitors advancing to Finals (3 attempts)
5. Shot Put & Discus rings are concrete. The Javelin approach is grass.
6. A concession stand will be available under the East Stadium
7. Restrooms will be available under the East Stadium
8. The SM South school facility will not be open to teams
9. 100/110 Hurdle Heights: Boys = 39" Girls = 33"
10. 4x100 Hog Relay for boys and girls. Medals will be award to the top 3 boys relays and the top 3 girls relays. Both genders may race in the same heat if the number of entries allow. Throwers on this team only.
11. Results will be available after the meet. A copy will be e-mailed to each coach. Results will also be available at www.smstrack.org.

For any additional information or assistance, please contact:

J.J. Wannamaker – SM South Head Track & Field Coach

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Phone: (913) 993-7594 (school)
(913) 530-1587 (cell)

SM South Relays

Event Schedule

9:00	Girls	4x1600 Relay
	Boys	4x1600 Relay
9:30	Girls	100 Meter Hurdle Prelims
9:45	Boys	110 Meter Hurdle Prelims
10:00	Girls	100 Meter Preliminaries
10:10	Boys	100 Meter Preliminaries
10:20	Girls	800 Sprint Medley (100-100-200-400)
10:30	Boys	800 Sprint Medley (100-100-200-400)
10:40	Girls	Distance Medley Relay (800-400-1200-1600)
11:00	Boys	Distance Medley Relay (800-400-1200-1600)
11:20	Girls	4x200 Meter Relay
11:30	Boys	4x200 Meter Relay
11:40	Girls	100 Meter Hurdle Final
11:45	Boys	110 Meter Hurdle Final
11:50	Girls	100 Meter Finals
11:55	Boys	100 Meter Finals
12:00	Girls	4x800 Meter Relay
12:20	Boys	4x800 Meter Relay
12:40	Girls	300 Meter Hurdles
12:55	Boys	300 Meter Hurdles
1:10	Girls	4x100 Meter Relay
1:20	Boys	4x100 Meter Relay
1:30	Girls	1600 Medley Relay (200-200-400-800)
1:40	Boys	1600 Medley Relay (200-200-400-800)
1:55	Girls	3200 Meter Run
2:10	Boys	3200 Meter Run
2:25	Boys/Girls	4x100 Meter Hog Relay (Thowers Relay)
2:30	Girls	4x400 Meter Relay
2:40	Boys	4x400 Meter Relay

Field Events -

9:00

followed by

Boys	Shot Put		Girls Shot Put
Boys	Pole Vault		Girls Pole Vault
Boys	Javelin		Girls Javelin
Boys	Long Jump		Boys Triple Jump
Girls	Long Jump		Girls Triple Jump
Girls	Discus		Boys Discus
Girls	High Jump		Boys High Jump